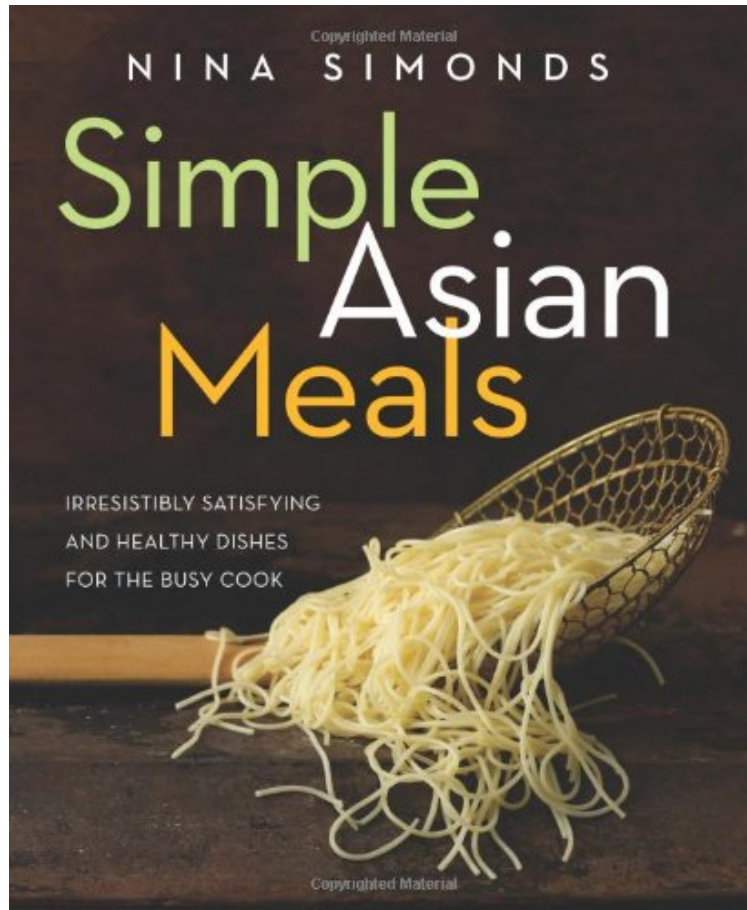


(Library ebook) Simple Asian Meals: Irresistibly Satisfying and Healthy Dishes for the Busy Cook

Simple Asian Meals: Irresistibly Satisfying and Healthy Dishes for the Busy Cook

Nina Simonds

audiobook / *ebooks / Download PDF / ePub / DOC



DOWNLOAD



+

READ ONLINE

#1180094 in Books 2012-01-03 2012-01-03 Original language: English PDF # 1 239.27 x 21.46 x 7.66l, 1.68
#File Name: 1605293229256 pages | File size: 55.Mb

Nina Simonds : Simple Asian Meals: Irresistibly Satisfying and Healthy Dishes for the Busy Cook before purchasing it in order to gauge whether or not it would be worth my time, and all praised Simple Asian Meals: Irresistibly Satisfying and Healthy Dishes for the Busy Cook:

20 of 22 people found the following review helpful. DisappointedBy Susan W. ShepardI have loved all of Nina Simonds books (after all what could be bad with a broccoli recipe that has a 14 year old boy coming back for thirds). Alas, so far the three recipes I have made have not turned out very well. Keeping my fingers crossed that other outcomes will be better.If anyone tries the spicy pork tenderloin recipe, reduce the required 3/4 cup hoisin sauce to 1/2 or maybe even 1/4 as it masks all of the other flavors.0 of 0 people found the following review helpful. Simple Asian Meals cookbookBy Maxine CookI already had one of Nina Simmonds books, and this one gave me more of what I actually needed to be able to cook meals for my family. It was a great addiction. I can use the other books to do specific recipes...0 of 1 people found the following review helpful. Simple Asian MealsBy S. BaldacciniYUM! I have

several of Ms. Simonds' earlier cookbooks. Those recipes were delicious, but very involved. There are still several steps in this newest version, but they are faster, especially if you have pre-chopped garlic on hand. Great cookbook for someone just starting out with Asian cuisine, appealing even to picky teenagers~

Once considered exotic, the flavors of Asia are now as close as the international aisle of every supermarket. Using only commonly available ingredients, award-winning cookbook author and Asian-food guru Nina Simonds creates easy, soothing, healthful meals that are masterpieces of simplicity. In *Simple Asian Meals*, Simonds presents over 100 recipes for accessible Chinese, Japanese, Thai, and Vietnamese specialties?packed with fresh, seasonal ingredients and health-giving benefits from immune support to ease of digestion to cholesterol reduction. Almost all her dishes require only one pot to prepare, and to make meal preparation as manageable as possible, she also provides freezing and storing techniques, recipe variations for convenience and personal taste, and lists of basic staples readers should always keep on hand. Colorful, comprehensive, and informed by Simonds's own culinary travels and memorable moments in Asia, *Simple Asian Meals* is every home chef's guide to creating exquisitely flavored Asian cuisine quickly and effortlessly.

“Much has changed in the 30 years that award-winning author Nina Simonds has been writing about Asian cooking. These days, it's no longer a complicated endeavor to prepare Asian dishes at home, thanks to easy-to-find ingredients. Simonds' new cookbook makes it even easier. She offers streamlined recipes for appealing casseroles, stir fries, noodle dishes, soups and stews from China, Japan, Thailand, and Vietnam?meals that are do-able even on weeknights. Clever shortcuts are the name of the game. Cook your meals in a single pot as often as possible. After every recipe, Simonds gives variations and informative notes about the healthful properties of the ingredients used. Her recipes are user-friendly, quick and delicious. Your takeout menus are about to get dusty.” ?Kimberly Masibay, *Fine Cooking Magazine*“In the latest batch of cookbook releases, we found our soul mate in Nina Simonds' "*Simple Asian Meals: Irresistibly Satisfying and Healthy Dishes for the Busy Cook*." With 10 cookbooks under her belt, and authentic expertise in Asian culture, Simonds has the chops to provide handy shortcuts for creating a healthful, weeknight meal. Her recipes for dishes like Golden Scallion-Ginger Scallops, Grilled Miso Tuna, or easy but pretty Spice Orange Fennel Slaw tease out the Asian flavors we love. Simonds is generous with tips on variations that work. No flavored tofu on hand? Swap it for chicken or pork; or trade crunchy, sweet, shredded carrots for crispy snow peas. Plus we like the Chinese medicinal tips she tucks in at the end of recipes. Who knew spinach can help hydrate the body and quench thirst?” ?Claire Leschin-Hoar *San Diego Tribune* “*Simple Asian Meals* has recipes for Hearty Soup Pots, Stir Fry Suppers, Main Dish Salads, Sumptuous Vegetarian Fare, Irresistible Sweets and more. And true to its subtitle – "*Irresistibly Satisfying and Healthy Dishes for the Busy Cook*" ? these are not intricate recipes you have to labor over all day. Rather, Nina has pared the ingredient lists down to their essentials and even encourages you to take advantage of short cuts like pre-cut butternut squash or packaged fresh green beans. Delicious, healthful Asian meals that are totally do-able on a weeknight – hooray!” ?Bettina Siegel- *The Lunch Tray.com*About the AuthorNina Simonds is one of the country's foremost authorities on Chinese cuisine and a bestselling author of 10 books on Chinese food and culture. She was a contributing editor at *Gourmet*. She lives in Massachusetts.